

The Days After

By T. Lamm

The epigraph to the book *Living Beyond Terrorism* by Zieva Dauber Konvisser, is excerpted from Viktor Frankl's *Man's Search for Meaning*. In it, Frankl admonishes his readers to find "meaning in life" in any and all situations and that "When we are no longer able to

Living Beyond Terrorism: Israeli Stories of Hope and Healing

By Zieva Dauber Konvisser
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change a situation...we are challenged to change ourselves." Konvisser references this quotation in her introduction as well, and it truly sets the foundation and tone for this meaningful and emotionally poignant anthology. It is unique in its premise, voice, and diversity, containing terrorism in its title but shying away from such loaded terminology in its text. Covering the stories of forty-eight people in thirty-six stories, it examines what life looks like after terrorism.

This is not a mere collection of inspiring stories. This is not a book of memories about those who were lost. This is a book of sustained vision, realized through interviews that span over a decade. This is a book of the tenacity and resilience

of the human spirit, representing Israeli survivors of Jewish, Christian, Muslim, and Druze faiths. This is an instructional book that informs and empowers its readers to find purpose in the darkness and emerge from the worst kind of tragedy with a renewed determination and courage. This is a book of tribute to the survivors and the family members of the slain. It is a book of celebration that examines, through academically sound research, just how far the human mind and soul can stretch.

Divided into two sections, *Living Beyond Terrorism* examines "politically motivated violence" from numerous angles. The first six chapters cover locations in Israel where terrorist attacks took place through the eyes of their survivors. The second five chapters cover thematic concepts like personal injury and loss and mothers' perspectives on the loss of their children. Finally, a set of three appendices cover the research methods, major events in Israeli history, and an exhaustive list of groups and organizations that serve survivors of terrorist attacks and their families.

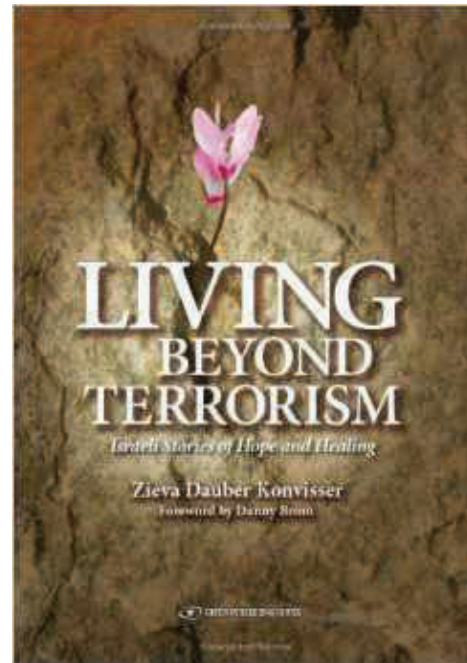
While it is difficult to choose a favorite, or even most touching or inspirational story, the conclusion of the book is deeply poignant and memorable. In a section called "Lessons Learned: Collective Wisdom," Konvisser distills the stories into a series of twelve common qual-

ities that the subjects of the narratives shared that we, the readers, can take practical lessons from. The second one can be easily applied to enable readers to persevere through any difficulty, no matter its intensity. "They adjust their future expectations to fit their new reality and focus on the important things in life." The ability to live in the future, instead of the past, to adjust to what is instead of what was, is a saving grace for anyone who has suffered a trauma of any kind. Surprisingly, the seventh commonality found that subjects of the stories "stay healthy and focus on their body image." Even in the aftermath of unimaginable suffering, one must not lose sight of the importance of a good diet and regular physical activity to serve as buffers against stress.

The last quality is perhaps the most powerful – "They discover who they are." During the healing process, survivors have the choice between identifying themselves as courageous and capable survivors or as victims who are subject to the whims of fate and other humans. By choosing the former, these individuals "discover for themselves that the meaning does not lie in the disaster, but in the way they respond to the disaster!" This is a choice that many people have to make at some point in their lives. By using these stories as a guide to the way that we should face adversity, we can all

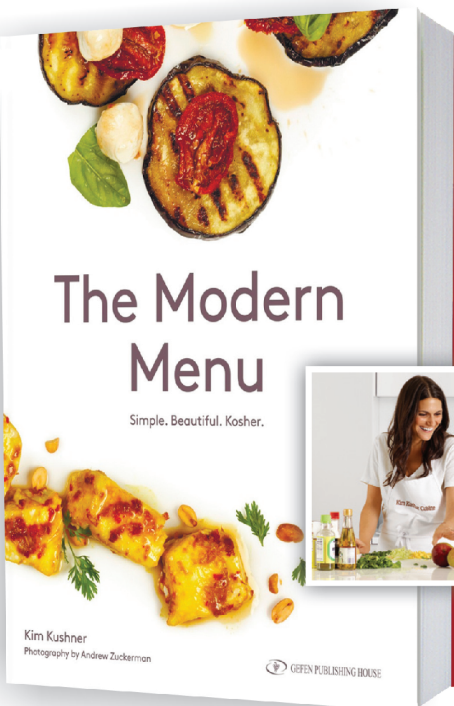
become quantifiably better human beings.

On the front cover of this book, the word "Living" is written in a font size that is significantly larger than the rest



of the words in the title. This graphic choice reflects the thematic reality of this book. Though it is a collection of stories that encompass the most horrifying evils, it is still a book about life. It is a book about living. It is a book about finding the courage and resistance to continue on despite and in spite of the world around us.

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The Modern Menu

Simple, Beautiful, Kosher

By Kim Kushner

Photography by Andrew Zuckerman

The Modern Menu is a minimalist guide to creating delicious Kosher food with a fresh, youthful perspective and visual inspiration provided by noted photographer, Andrew Zuckerman.

A longtime cooking teacher in Manhattan, Kushner's friends and students had been pestering her for a cookbook for years. Her students always want to know what goes with what, so she organized the recipes into menus, named for the way the dishes make her feel – "Vibrant", "Crisp", "Saucy", "Gutsy".

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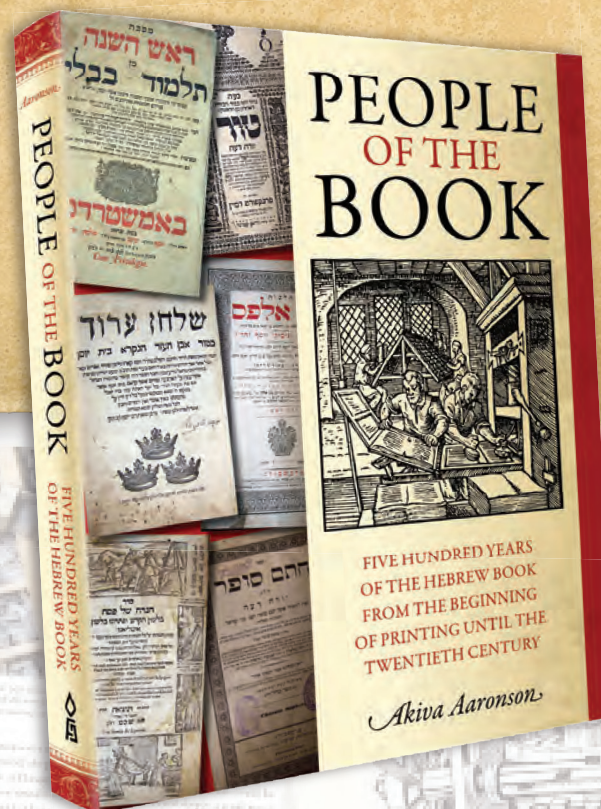
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